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Children Of Honduras Trust

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CH TRUST MARCHES ON

2016 has been a good year for CH Trust, both in England and Honduras. In England, many have made the move from collecting/donating goods towards regular giving by bank standing order, MyDonate or cheques by post. Thank you, without this there would be no CH Trust.

The money is forwarded to Honduras to meet specific needs. These may be food bags for families, school meals, educational supplies and other one off projects. Our Honduran beneficiaries are beginning to understand the accountability requirements when receiving money for a specific reason. When the money is used, they are now sending me photos and receipts for what has been spent. This is a new way of working as previously it has always been goods. The transition started very slowly, as some of the smaller ministries do not have internet access. To send photos, they have to make a trip into the local town to visit an internet cafe.

The process is now beginning to flow nicely. This year, we have committed to pay for over 125 children to receive meals twice a week via two separate ministries. They are both in poor areas and the children really need this meal. This absorbs a lot of money, £335 per month, but can we spend money better than directly into hungry, malnourished children? As the year has unfolded, we have become involved in helping to finance the setting up of various projects. You will read about these further on in the newsletter.

- FEEDING HUNGRY CHILDREN AT SCHOOL -



REFORESTATION - RESTORING THE ENVIRONMENT

As you know parts of Honduras have experienced a drought due to failure of last year's rainy season, which stopped abruptly part way through. They have also experienced very high temperatures. We were aware of the spoiled crops and hunger but they also have another problem.

The droughts of recent years have been causing water stress in the trees. This has favoured the outbreak and spread of pine beetle, in a way never before seen in the country's history. The armed forces have been mobilised and tasked to apply powerful organic insecticide in a bid to halt the pine beetle infestation, which has damaged about 400,000 hectares of forest. This, in turn, has harmed the Central American nation's ecosystem and air quality.

Honduras has accepted international advice to tackle this problem, which has been encountered in Canada as well as Central America. The advice has been to clean the land and plant specific types of pine/spruce trees, which are known to be resistant to the beetle.

The combination of steep slopes and lack of trees has already resulted in landslides. These will become more frequent as the rainy season progresses. Storm rain is very heavy. When the mountains become soaked with rain, in places where there are no trees to anchor the soil, the land soon starts to move, taking with it houses and all in its path.



- PLANTING NEW PINE TREES -

The loss of trees is on so large a scale that, in many cases, it is left to the local community to try and keep their environment safe and good for the future.

This is the case in Valle de Angeles area. The people of the village organised a demonstration day, when they marched through the village, before starting to plant new trees. The young people have been mobilised. Those in schools and colleges will also be involved. The biggest problem is that the trees cost two pounds each. The local communities lack the funds to plant even a fraction of what is needed. As the project is so vast CH Trust, in common with many other organizations, has been approached for help. They ask if we are prepared to help purchase some trees for them to plant. We think it is a good investment. It must be better to help plant trees, rather than try to replace homes and schools lost to landslides. In addition there is the more obvious benefit of restoring the environment, if only in a small way.

Whilst researching the pine beetle, so that I would have some knowledge when speaking about the problem, I came across the Moringa tree. How I got to the Moringa tree from pine beetle I do not know! I think it can only be attributed to the Lord. Even my 'Google skills' are not that bad.

The Moringa tree originates from India but is found in Honduras. It is often referred to as the vitamin tree.

More of these trees would be good for Honduras. It is easy to grow, will grow in poor soil, needs very little care or water and is fast growing. It is also a tree which helps to hold the soil together and the leaves are good to eat.

The Moringa tree can be likened to growing a multivitamin factory at your doorstep. The leaves can be eaten fresh or cooked.

They contain:

- 2 times more protein than yoghurt
- 4 times more vitamin A than carrots
- 7 times more vitamin C than oranges
- 4 times the calcium in milk
- 3 times the potassium in bananas
- Plus many other vitamins and minerals, including iron

When I sent this information to Honduras they were keen to find the plant and start to grow it. They used some of the 'tree' money we sent to buy Moringa trees. The cost was £1.80 each for a small plant. Cesar went further afield and managed to buy 500 at 60p each. These were brought back to the Valle. They have been planted in places where trees have been felled. In the future we also plan to give Moringa plants to families and schools. This could be a great help to families with children who have poor diets through lack of finance. The Moringa tree would seem to offer a project with great potential. I look forward to seeing how it progresses.

EDUCATION – THE KEY TO OPPORTUNITY

Education, which is so important, is financially difficult for many children to access.

Each child has to provide everything needed for their lessons. The schools provide very little, not even the very basics of pencils and paper. Thus exercise books are needed, glue, scissors, pens, pencils, crayons etc. The older children also need geometry sets and sketchbooks. The containers we used to send, included a lot of educational supplies but these must now be purchased locally in Honduras.

At the beginning of the school year Luis, a teacher at Vicente, assembled 150 kits each containing three large notebooks, 3 small task notebooks, coloured pencils, a geometry set, a sketchbook and 3 ink pens for the most needy children at Vicente. Each bag cost us approximately £5. Some of these will be given to new students entering the College, 13 year olds, as we try to target the youngest as well as the poorest who attend. We work with a list of 150-200 who need a meal as well as help with clothing and educational supplies.

Vicente College equates to our secondary schools and further education establishments. It has 8000



- RECEIVING EDUCATION KITS -

students who are means tested. Vicente College only accepts students from economically challenged homes. The teaching staff have been on strike as the authorities are trying to introduce fees for the education of the pupils! This would exclude most of the students we help, as many even struggle to pay their bus fare across the city or buy the text books needed. If they had to pay fees they simply would not be able to attend. This goes against the principles of the college but everything comes down to finance.

In addition to his work at Vicente, Luis has also taken exercise books to a local primary school in a poor area of the city.

A rather different initiative concerns the educational assistance we have given to the Agape Church. Many children in their community had exhausted the pencils and exercise books, bought at the start of the school year, to do their home work or their school classes. Unfortunately the school year in Honduras, at the time, was only half way through. If you are without a pencil and exercise book then it is very difficult to do the work off the board, when talk and chalk is still the main form of information transfer.

To help meet this need, CH Trust gave The Agape Church a sum of money from our education fund. With it they bought supplies in bulk to assemble 440 individual packs of mixed supplies. They managed a good buy.



- EDUCATION PACKS FOR SCHOOL -

The packs were distributed throughout their community on a basis of need. Although it would have been easy to just distribute them to their congregation, they went out and found those in greater need. Lists were made out and strictly adhered to. For example they gave out nine packs in one year group and twelve in another etc. Several schools were helped. It must have been hard to only give to some in a class but by this means they achieved the best use of our supplies.

All the bags had now been given out, even though many other schools ask if their pupils could also receive this great gift. I like the work of the Agape Church. It would have been so easy for them to give out the packs to their congregation. Rather than do that, they sought out those most in need and travelled for hours to share out what they had received. It has been a privilege to provide the funding for them. Thank you, Agape Church. It is good hearted workers in Honduras which enables CH Trust achieve so much.

EDUCATIONAL SPONSORSHIP

Luis, the sponsorship administrator for Vicente College, writes “May our Lord bless you today and always for all the help you give to the boys and girls of Honduras and especially the students at Vicente Cacaes Institute. There are so many children wanting sponsorship but my reply is that only God and the organisation CH Trust can make decisions on their requests. The most successful scheme we have in place is the sponsorship as it gives the students the chance of a better, more secure future for themselves and their families. God bless you all and thank you. Luis Cerrato”

Vicente Cacaes Institute is the largest “Collegio” in the whole of Central America providing secondary education to 8,000 students. On your behalf, CH Trust sponsors 35 students here aged between 11 and 16. An annual one-off donation of £50 (or a half sponsorship option for £25) provides the uniform, shoes and school equipment needed to attend school. Vicente is one of 17 locations all across Honduras where we are able to sponsor primary and secondary education for children from poor backgrounds.

For the past four years CH Trust has been able to help 20 children who live and work around the city rubbish dump with educational sponsorship. Pastor Alberto Alvarado and his wife, Reina, from the Dios Eterno Church run a project called “Esperanza Viva” (Hope Lives) which supports 150 children and their families who make a living from the city rubbish dump. Many of the children suffer

from malnutrition and infections picked up from the rubbish dump. By inviting them to take part in the project, it is giving them an opportunity to get help with their school work, learn a trade, get health care and have a guaranteed main meal at mid-day. The offer of sponsorship encourages them to attend the project regularly as it is a chance for them to own the necessary uniform and equipment for school.

"Dear sponsors, we received your contribution for the development of the Esperanza Viva project at the Dios Eterno Church. It was a great blessing for the girls and boys. Some of them believed that they would not be going to study this year and thanks to your support they will be able to continue at school and college. Thank you so much for responding to the call of these children who are in need. We thank God for granting that we should meet you, work with you and love you. God bless Pastor Alberto Alvarado"



- SPONSORED CHILD FROM HOPE LIVES PROJECT -

At this time of year we are considering sponsorship for 2017. The earlier we can send donations to Honduras, beginning of January at the latest, the more time the administrators have to source the necessary uniforms and shoes and purchase books and stationery. If any group or individual would like to sponsor the education of a child there is an authorization slip on the back cover. The two options available are a full sponsorship, cost £50, or a half sponsorship option for £25 (CH Trust will match two sponsors to the same child).

EDUCATIONAL SPONSORSHIP - WHAT NEXT?__

We are often asked what happens after the sponsored students graduate from the final year of secondary education (9th Grade). A few of our students have reached this stage of their education and have gone on to study for the Honduran equivalent of “A” levels. At this point there are two options available to them but it relies greatly on what facilities they have locally. Firstly, only available in the larger towns and cities, a secondary school which offers 10th and 11th grade education. In this case the student will still require a uniform, shoes and manuals purchased from your £50 donation. Secondly, where there are no secondary schools or when the student needs to work all week to help support their families, there is the option of IHER (Education by Radio) where the student will receive their lessons over the radio during the week and attend classes at weekends. These students do not require a uniform but they will require access to a radio, manuals and stationery, which are expensive items in Honduras and often beyond the means of the young people we help. Your £50 will provide these items and a pair of boots or shoes for the long walk required to attend classes. Each case is looked at on merit and we often have requests for the student to forgo their shoes and have a pair of spectacles purchased with your donation instead. Again another luxury item in Honduras.



- ONE OF THE CHILDREN RECEIVING SPONSORSHIP -

SCHOOL MEALS

We are into our first full year of funding free school meals created from locally bought products to the small rural communities. The schools were previously well supplied from the annual containers with pasta, tinned tomatoes and on special occasions with some meatballs and sausages.

The cost of providing the meal has been assessed as £30 per pupil for the whole year or £5 per pupil for seven weeks. This provides the very basics of beans, rice and fresh fruit. As more money has become available in the general fund, I asked Cesar to add a bit extra to this basic diet. I was told that they are now adding chicken or liver, as these are the most economic meats currently available. Do not imagine that they have a breast of chicken with their dinner. It will more likely be a cooked chicken strip added to the rice. It could even be the giblets and other parts of the chicken, which are commonly eaten in Honduras by the poor.

Vicente College dining room, catering for 150-200 students daily benefits from vegetables and fruit which Luis grows in the college grounds. There are also eggs and chicken from the chicken project. They also buy spices, which are not usually used in the rural schools. We hope that Moringa tree leaves will also be added to their diet when the trees mature.



- CHILDREN ENJOYING FOOD FUNDED BY CH TRUST -

ANIMAL FARM__

The sheep and goats that were bought earlier in the year are all doing well and have produced babies. These I am sure are seen as pets by many of the students. When they reach the dining room I think their identities will have to be hidden! Some of the students help care for and have shown an interest in the animals. One boy was given a cockerel and hen to take home to start his own flock. We have been told that they now have chicks. Hopefully, a young entrepreneur in the making.

HELP FOR PREGNANT GIRLS AT VICENTE COLLEGE__

In the last newsletter, I told you about two girls that had been raped and become pregnant. They were attending Vicente College. We got funding to pay for them to have their babies in the local hospital.

A small project has evolved from this situation, where we pay for the folic acid and the 'maternal tablets' given to pregnant girls at the college. This is administered by the College clinic doctors. The tablets are given for 38 weeks of the pregnancy. When the baby is born, they are also given some baby clothes out of the stocks remaining from the containers.

We have supplied the clinic for many years with iron and folic acid tablets. Following the cessation of our containers, their stock has now been exhausted. In Honduras, these tablets are costing approximately £13 per course per student. We are helping these young mothers and their new babies as they struggle against problems that we can hardly imagine. At least they will know that someone cares and is prepared to help.

FOOD BAGS FOR THE HUNGRY__

There is nothing new about food bags that I can tell you, other than that they have been a great blessing to many families. We can only imagine what it must be like to have no food for ourselves or our children. I am sure there will be many stories but we will never hear them. Thank you for the money that has allowed us to fund over 2000 bags of food given out in many different areas in Honduras. We have particularly focused on food both for children at school and college as well as those fed by churches we support. The other way we have distributed food is via the bags of food. Different ministries provide slightly different bags, depending on distribution problems. Eggs were only provided by one brave ministry who



- LOOKING AFTER ONE OF THE GOATS -



- I HAVE NOW STARTED MY OWN BUSINESS -

finished up transporting them on the local service bus, when the pickup would not start!

We have also sent food bags home with the pupils we support at Vicente College, to help in the gap between the end of one school term and the beginning of the next.



- PUTTING PURCHASED FOOD INTO BAGS FOR DISTRIBUTION -

GROWING YOUR OWN

Cesar has sent some photographs as evidence of what can be grown in the garden of a rural village school in the municipality of Valle de Angeles. He wrote “thanks for the seeds that you donated. Seeds of tomatoes, radishes, cucumbers and others were planted, for use as a snack or with lunch for the children”.

Sadly, we can no longer send out seeds. However, we have continued to build on this success by donating just over £200 to buy seeds for seventeen schools in the Valle area. Each school has chosen four types of seeds, ranging from egg plants, peppers, maize, onions, beetroot carrots, tomatoes, beans, to many others.

I am looking forward to seeing what they produce later in the season.

This project ticks the box in many ways. It will hopefully provide a variety of food for the children to eat, to accompany the beans and rice. This will give

variety as well as extra nutrients. In addition, the students will be shown how to plant and care for the plants as they grow. This information will be taken home with 'Miss says or Prof says'. At primary school the teacher's comments carry a lot of weight, as many parents can testify. It could also provide ideas and skills to a child for use in later years, as a means to earn or enhance income. Small business is a good way forward for Honduras.

ANOTHER GREAT PROJECT

I want to take you to the north coast of Honduras to La Ceiba. Pastor Jeronimo you may remember started a great work on the land with our seeds and gardening tools. They rented some land near to the church and started some very successful cultivation of rice, melons, chillies etc. At harvest time those who had helped shared the profits from the crops. This gave gainful employment to many of the young men in the area. Paid work is scarce and the only other option is the gangs.



**- RADISHES GROWN
AT SCHOOL -**

Jeronimo is very wise and has sought the help of those who can teach the skills they require so that success comes from day one. He has now started a shoe business with fourteen people including two teachers. He has been planning this for some time and we managed to get leather from a local firm, Duresta, who make leather sofas. We sent the leather out in our last containers.

A local missionary bought a sewing machine plus other materials that were needed and production started. I was a little worried about what quality of products they would produce but look what they have made. Jeronimo and the Lord have a great gift for small business. There are many sandals, as this part of the country is very hot and humid all year around. They would like two more sewing machines at £300 each. Their longer term plan is to build a workshop at the side of the church. At the moment they are still trying to add walls to the roof of their church building which has only had a roof on poles for many years.

We are not just investing into a small business but into people. What we do not see are the families who can now pay their rent, families who now have food to eat, money for medicine or a visit to the doctor. Children are now going to school because their parents can afford to buy the school uniform. Young people saved from the gangs. What an investment!



- SHOE MAKING PROVIDING MUCH NEEDED WORK -

PS. We invested in Jeronimo's life many years ago, as he was brought up at the Orphanage with his brother and two sisters. We then helped to feed, clothe and educate them and many others.

Since sharing this project we have received funding to buy two sewing machines, money to buy lasts to shape the different size shoes and money to build the workshops.

The shoe project has started to make boys and girls shoes. When I received a photo I had to ask if they had made them as they were a copy of some we sent out in the last containers. I was very impressed.

We have placed an order for boys and girls shoes for the start of next year when we need to buy shoes for the sponsored children. These are cheaper than I can

buy in England even if we still sent containers. It will also provide more employment. This is a way forward for Honduras, small businesses. Well done Jeronimo and your team.

THE BUILDING PROGRAMME CONTINUES TO FLOURISH

The house building is going from strength to strength. All of this has been achieved from specifically gifted money and not from general funds. The New Year started with the building of six houses in progress. These were completed by spring and the next set of ten houses started.

Building in multiples allows Cesar to negotiate the best price on bulk buys of materials. It can also help the builder as at no time will he be without a house to work upon. Do not imagine that these houses are all built on one large plot of land and that the land is flat. This could not be further from the truth. The houses are scattered around the Valle area. Santos the builder has to climb down one mountain and up the next. Although there are paths, the hillsides tend to be steep. Another problem, I believe, is lack of available water supplies needed for mixing the cement. We have to build where the person has their plot of land, be it already owned by them or given to them by the Local Authority.

Except in the case of a long established married couple, CH Trust's requirement is that the land title is in the women's name. In Honduras, whoever has title to the land is regarded as the owner of the property. Even though she is the legal owner, the property deeds do not permit her to sell the house or to rent it. The house can eventually be inherited by her children.

Apart from the obvious, house ownership appears to confer two other major benefits. Firstly, the owner no longer has to pay rent, which is expensive and has to be paid at the end of the month. Failure to comply means the family will literally be turned out onto the street. Often all the family, including the children, will not eat for two days or so before the rent is due if mum has not managed to get enough work. Having no rent to pay frees up money for food, school uniform and other necessities.



**- AN EXAMPLE OF
THE FINISHED PRODUCT -**

Secondly, the biggest benefit of the house ownership is the security. No one can turn them out. They can exist even when there is no work and one of the fears of old age is therefore greatly reduced. They and their children are safe.

Here are two letters we have just received from our latest batch of house recipients.

From Diana:

"I hope that the blessing of God is great in the lives of you and your family and friends. I am writing most respectfully to you to thank you for helping me to realise one of my greatest dreams which was to have a roof over my head where I could live with my children with dignity. Having a little house has been my dream for many years, especially at the end of each month when I had no way of paying the rent.

Thank you so much as this means I can pay for better food for my children and pay for other necessities. Thank you because you have given my children a reason to smile. They are very happy and send many thanks and they will always keep you in their prayers that God may bless you. There are no words to express my joy. I just want to tell you that I will continue to make every effort to give a future to my children, as, through your organisation, God has shown me the certainty of His presence."



- ONE OF OUR NEWLY BUILT HOUSES -

Maria's letter

"My name is Maria Magdalena Gonzalez. I want to tell you how grateful I am for your help. The reason for asking you for a house when I had dreamed of having a home for 40 years is that I lived in a house made of plastics and every time that winter arrived I and my daughter and grandchildren were soaked through. Now I feel such happiness for this blessing of a home, just knowing every night we are safe and dry. Thank you for giving me this opportunity for happiness with my grandchildren and daughter. I will always pray for you and I hope to meet you some day."

ALTERNATIVE GIFT CARDS

The cards currently available are listed below:

A pair of black school shoes for a child	£5
To purchase eight Moringa Trees	£5
A bag of food for a needy family at Christmas	£5
Free school meals for a child for seven weeks	£5
School manuals for a senior school student (four are needed per year)	£5 for two manuals
Emergency Education Fund Card to help a student who lacks an essential item such as an exercise book, or bus fare	£5 donation into fund
Fruit to be given to children at school (Buys 60 pieces of fruit, usually an orange or banana)	£5
Two chickens and a cockerel for a family	£15

CALENDARS

We will again have photo calendars of the children in Honduras priced £5. Postage is an extra, £1.20 for one and £1.54 for two or three.

THE BUSINESS OF GIVING

MyDonate has become a very popular vehicle for giving to CH Trust. However, we have had a few teething problems. Although the account was growing nicely, it took us some time to find out who was contributing the money. So, if you wish to donate to some specific project via MyDonate can you please send us a supporting e-mail or letter to say what you want the money spent on e.g. child sponsorship or building of a house etc. This will help to ensure that the money goes into the correct projects. Since we have only recently managed to find out who is donating money via MyDonate, many of you are still waiting for thank you letters. Thank you for your giving and your patience.

GIVINGABIT.COM

Every time I shop online via www.givingabit.com I create a free donation for CH Trust. With over 1,200 shops, including Amazon, Sainsbury's, Groupon & John Lewis, I can get a donation off most purchases. I have already obtained £19.99 on my shopping. As more of us shop online I wonder if you would like to raise money for us by this means.

Go to www.givingabit.com.

If you have never been before you will need to create an account which is easy. I have rarely received unsolicited e-mail or advertisements.

Type in the search box the shop you wish to use, then click the link provided for that store. Purchase the way you usually do. You will receive an e-mail from giving a bit recognizing the purchase.

The free donation will be given to CH Trust.

With Christmas fast approaching this could raise extra funding for us.



- CHILDREN RECEIVING FOOD FROM CH TRUST -

EDUCATIONAL SPONSORSHIP FORM

If you would like to sponsor in 2017, please complete the form below and return with your donation. Please make cheques payable to "CH Trust". Address on front cover.

I would like to sponsor _____ (Number of children) with a full/half sponsorship.

I have enclosed £ _____

STANDING ORDER FORM

Standing Order		
I wish to support CH Trust for		£ <input type="text"/>
Monthly <input type="checkbox"/>	Quarterly <input type="checkbox"/>	Annually <input type="checkbox"/>
Starting on <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> and thereafter until further notice		
To the Manager Bank/Building Society		

Address: _____		

_____ Postcode: _____		
Your account details		
Name of Account Holder(s): _____		
Your Account No. <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		
Sort Code <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		
Signature(s): _____ Date: _____		
To (Bank) Name: HSBC		Sort Code: 40-19-37
Account No: 61589865		Account Name: CH TRUST



- LENCA CHILDREN HELPED BY CH TRUST -

GIFT AID FORM

If you are able and willing to grant to us Gift Aid, please complete the authorisation form below and send it with your donation.

I would like Gift Aid to be authorised for:-
(please tick all boxes you wish to apply).

Today	<input type="checkbox"/>
Back dated for the last four years	<input type="checkbox"/>
For the future	<input type="checkbox"/>

I confirm I have paid or will pay an amount of Income Tax each tax year.
I understand the charity will reclaim 25p of tax on every £1

Signature

Date

Address

Postcode

Please notify the charity if you decide to cancel this declaration or change your name or address or no longer pay sufficient tax.
